

**Abstract** The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks for physical and psychological health. The physical health measures included body mass index (BMI), waist circumference, blood pressure, heart rate, and oxygen consumption. The psychological health measures included the Beck Depression Inventory (BDI) and the State-Trait Anxiety Inventory (STAI). The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in BMI, waist circumference, blood pressure, heart rate, and oxygen consumption. The walking program also resulted in a significant decrease in BDI and STAI scores. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

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SIM card being able, in particular, to receive the number of remaining prepaid units from the prepaid card and, if applicable, being able to admit the telephone in the network, after security checks have been carried out and if there are sufficient prepaid units. The fees for telephone calls can be determined with  
 5 reference to tariff tables stored in the SIM card and the call duration measured in the telephone, units being subtracted from the units stored in the prepaid card in accordance with the determined fees.

The top layer S relates to the service fees. These fees are charged for the use of services, which are not offered by the network operator. Mostly,  
 10 these fees are billed and collected by different service providers for different services, which are not directly related to the traffic process.

*Sub 17* According to the invention, these different groups of fees are determined and billed separately and independently.

Preferably, the billing process for determining and billing these three  
 15 layers of fees is executed in the SIM card of the user.

The billing method according to the invention for billing the usage of resources not related to the traffic process is performed by means of a counter in the SIM card, which counter is incremented each time this resource is used. The amount to be billed is determined based on the value of the counter and  
 20 charged to the user.

Software resources as well as hardware resources can be billed by means of this method. For example, one or more fees can be charged in the SIM card for the usage of contactless interfaces. It is also possible to bill for resources, which are responsible for using the SIM card as an identification  
 25 card in another system. Furthermore, more than one resource in the SIM card can be billed for independently.

The billed amount can depend on the number of times of use and/or

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on the duration of the usage of a specific resource.

This method can be used, for instance, to determine and to charge a license fee for the usage of a resource protected by a patent. But it is also possible to bill for the use of resources offered by an external service provider.

5           The billed amount can be debited from a pre-paid account of the SIM card. In a variant, a billing record with the billed amount is prepared and transmitted to a sub-fee collector (SFC) in the telecommunications network. Preferably, this transmission only takes place when the value of the counter exceeds a pre-defined amount. Preferably, these billing records are transmitted  
10 via said telecommunications network by means of special SMS-messages.

Preferably, the billed amount depends on a fee table stored in the SIM card. Preferably, this table can be added to or changed by the service provider or the licensor, respectively, or by the network operator.

15           The invention makes it possible to collect license fees directly at the end user instead of at the network operator. New types of licensing agreements can be set up therewith. The method according to the invention offers more transparent billing for the user, and it is more flexible for the licensor or the service provider. Moreover, the invention enables billing that is more just because frequent users pay more fees than users who never or rarely use a  
20 specific resource.

Furthermore, the method according to the invention has the advantage that, through the multilayer model, different service providers and licensors can freely offer and bill for their services with different processes. Moreover, the method makes it possible to significantly lower costs because all  
25 the processes mentioned can run fully automatically.

*Lat*  
*BS*           The present invention will be better understood with the aid of the

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5 invention.

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order to decrypt received SMS-messages and encrypt and sign SMS-messages sent. For example, the trusted third party (TTP) method can be used as an encryption method, or decryption means working according to a point-to-point method can be used.

5 Furthermore, the SIM card contains one or more resources for the usage of which one or more fees must be paid. For example, a resource may be a new software application being stored in the memory area of the processor 100, or new hardware resources expanding the functionality of the SIM card 10, or a combination of software and hardware elements. In the  
10 illustrated example, the SIM card contains an inductive interface D (for instance a coil) by means of which the SIM card can communicate with external devices 8 in a contactless manner. For example, the external device 8 may be an access control system or a transaction system (point of sale, POS). Another electronic module 101, connected to the inductance coil and responsible for the  
15 contactless communication with the external device 8, is preferably added to the SIM-microcontroller 100. Thereby, the SIM card 10 in the mobile device 1 can communicate via the inductive interface D with the external device 8. In a variant, the casing of the mobile device 1 comprises an infrared interface E, by means of which the card 10 can communicate with other external devices 9.

20 As another possible new resource, a new additional table with identification parameters 1000 can be provided, for example, by means of which table the SIM card can be used as an identification card in other systems, for instance in a pay-TV or pay-radio system 13, in a computer network 11, and/or in further systems 12.

25 License fees, traffic fees, and/or service fees must be paid for the usage of the following resources in the illustrated SIM card 10:

- Communication via the GSM network (A-B). *Not resource with card*
- Interface (B-C) between the SIM-processor 100 and the

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communication processor 101.

- Inductive interface C-D between the SIM card 10 and an external device 8.

5 - Infrared interface C-E between the terminal device 1 and an external device 9.

- Identification table for other systems for using the SIM card 10 as an identification card in other systems (interface B-F).

However, the invention is not limited to the billing of these special new resources; it can also be used for billing in the SIM card for any possible  
 10 resource offered by external service providers 3 or licensors. A software resource corresponding to a new service can be selected by the user, for instance from a catalogue, from the Internet, etc., and can be loaded into the SIM card of the user by means of special short messages. The service provider will then be paid for the usage of this service by means of the method  
 15 according to the invention. With this method, it is even possible to bill for the usage of resources outside of the SIM card, for example, in the mobile device 1 or even in an external device 11 to 13 not permanently connected to the SIM card. In this latter case, it is necessary to transmit the usage parameters, for instance the number of times or duration of use, to the SIM card when the card  
 20 is connected to this external device.

According to the invention, the SIM card 10 additionally contains one or more counters 1002, 1002'. Each counter corresponds to one or more resources to be billed for, and is incremented each time these resources are used. The counters may contain hardware and/or software means. In a  
 25 preferred variant, however, each counter comprises a data file (elementary files EF) in the memory area of the SIM-processor 100, as well as an incrementation program, preferably a new EXE-file in the same memory area, which program

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increments this data file when the corresponding resource is used. The counters can be a part of the resource. For example, if the resource is a software resource, it can determine itself how many times it has been used and what fees have to be paid.

5           The usage of a specific resource may be subject to more than one fee, specifically, a license fee, a traffic fee, and a service fee. In general, these different fees are paid to different recipients. The license fee is determined for a licensor, the traffic fee is determined for a network operator, and the service fee is determined for a service provider. Thus, for each resource, a plurality of  
10 counters can be used, corresponding to different fees.

The amount of the fee charged for the usage of a specific resource can depend on the number of times of use or on the duration of the use. In this latter case, the counter value increases per pre-defined time period while this resource is being used, for instance per minute.

15           In principle, license fees to be charged for the usage of a specific resource in the card are predetermined; however, specific users may profit from a special tariff. In contrast, the amounts for traffic fees and for service fees are preferably dependent on the service. These different amounts, dependent on the user and/or on the service, are stored in a fee table 1001 in the SIM card,  
20 which table, as will be explained later, can be set, changed, added to, or deleted from another location in the telecommunications network. Service-dependent fees can thereby be charged.

When the SIM card 10 is inserted in the terminal device 1, it is connected via an interface A to a telecommunications network 2, for example a  
25 GSM network. A SIM server 4 is also connected to the network 2, and comprises a short message service center (SSC) 41 for administering short messages. The SSC unit 41 is equipped in such a way that it can communicate with the SIM card 10 by means of special SMS short messages via the network 2. Known filter means in the central unit 41 and in the SIM cards 10 make it

possible to execute special services, for example exchanging data files, instructions, and programs between the SIM server and a SIM card. The SIM server 4 preferably contains in addition a TTP server 40 in order to encrypt and sign the communications between the central unit 41 and the SIM cards 10 in the network. Thereby ensured are the confidentiality, the authenticity of the identity, the authenticity of the information, the integrity, and the indisputability of the origin of the different messages. Nevertheless, a point-to-point encryption and signing method can also be used.

*Sub B11* 10 The network operator and/or the various service providers and licensors can add to or adapt the fee table <sup>1001</sup>1002 in the already distributed SIM cards by means of encrypted special SMS short messages. A change of tariffs can then be carried out in an easy manner in that these fee tables in the SIM cards are adjusted as already described in the patent application EP734144. Similarly, the fees charged are transmitted to the recipients by means of SMS messages, as will be explained further below.

Furthermore, the SIM server 4 comprises at least a sub-fee collector (SFC) 42 in which the different collected fees are temporarily stored and processed. A different sub-fee collector is provided for each network operator, who is also provided with a SIM server.

*Sub B12* 20 The SIM server 4 is connected to different main fee collectors (MFC) 6, 6', 7, 7' via a network 5, for example via an internet, intranet, extranet, or a X.25 network. These main fee collectors are operated by different licensors and service providers. They comprise servers which query the amounts intended for them, which were received and sorted by the sub-fee collectors, and they pass 25 these amounts on to an accounting system (not illustrated), for example a bank or a financial institution. The communication between the SFC's and the MFC's are signed and preferably additionally encrypted.

*Sub B12* When a resource is used, for instance one of the above-mentioned resources subject to one or more fees, the corresponding counter is



incremented. The increment value may be fixed or it may depend on the duration of the usage, for example, or on other parameters, for example time of day, day of the week, location, user category, etc. The increment value may also depend on the fee table 1002. Moreover, the usage of one single resource

5 may cause more than one counter to increment, for example a first counter for the license fees, a second counter for the traffic fees, and a third counter for the service fees.

The charged fee amounts are sometimes very small; specifically, the amount for license fees charged for the usage of a specific resource in the card can be small. In order to avoid a great number of transactions with small amounts, these amounts are preferably not immediately charged to the users. For that purpose, the amount counted by the counter is compared to a pre-defined amount stored in the card, and it is only charged when the amount counted by the counter exceeds the pre-defined amount. If the fee table is not

15 taken into consideration in the incrementation step, this counted amount is turned into a billing record using the fee table 1002.

SIM cards containing a pre-paid amount of money are already known in general in the GSM area. These cards can be reloaded in that an amount of money is paid to the network operator. In these cards, the fees intended for the

20 network operator can be deducted directly from this stored amount of money.

However, most of the fees are not charged to an account inside the card. Instead, a billing record with the amount to be billed is prepared and transmitted to a sub-fee collector of the SIM server 1 < sic. 4 > during or after usage. However, a billing record is preferably only prepared and transmitted

25 when the counter value exceeds the pre-defined amount or only after a pre-defined number of times of use. In a variant, this billing record is not sent by the card 10, but periodically queried by the sub-fee collector 42.

The transmitted billing records can be adapted depending on the service, and they contain the following information, for example: transmitted

amount, user, recipient, pre- or post-paid-process, location, time, etc. As one skilled in the art will recognize, more than one amount, corresponding to more than one counter 1002, 1002', can be grouped and transmitted in one single billing record.

5           The sub-fee collector 42 receives the billing records from different SIM cards 10 in the network 2, and sorts these records by recipient. The recipient may be a licenser or a service provider who operates a main fee collector 6, 6' or 7, 7', respectively, or he may be the operator of the telecommunications network 2. However, even in the case of a license fee or a  
10   service fee, a portion of the transmitted amount of money is preferably assigned to the network operator, and only a portion is passed on as a license or service fee.

          The amounts sorted and processed by the sub-fee collector 42 are forwarded via the network 5 to the corresponding main fee collector 6, 6', 7, 7'  
15   of the respective financial institution. These amounts can either be sent out periodically or be prepared for querying by the main fee collectors.

          Main fee collectors may be used for all types of fees. For example, different fees depending on the service, the type of traffic (voice, data, multimedia), or the type of license may be collected by the responsible  
20   collector.

          It is also possible to transmit the billing records to the recipient via the contactless interface D or E. In this case, the recipient must be connected to the external device 8 or 9, respectively.

          As already mentioned, the already generally known TTP method for signing  
25   and encrypting transmitted data and messages is used in the system.

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